

## Stillness Amidst the City: Laura Medcalf's *SENSE OF CALM* Transforms the Liszt Institute into a Sanctuary of Stillness

*British-Hungarian artist Laura Medcalf opens her second London solo show on 11<sup>th</sup> September 2025 at the Liszt Institute, Hungarian Cultural Centre London. The exhibition opening is followed by a three-hour workshop on 13<sup>th</sup> September 2025, at the same location.*

Amid the movement and energy of Trafalgar Square, *SENSE OF CALM* offers a moment to pause, a space to step away from the city's fast pace and into something slower, elemental, and immersive. In this solo exhibition, British-Hungarian artist Laura Medcalf transforms the Liszt Institute into a space of stillness and presence, shaped by water, soil, and light.

Working with soluble, light-sensitive crystals and pigments she makes by hand, Medcalf creates each piece on site, directly where land meets open water. These works are not depictions of landscape, but physical imprints of it. Formed through a meditative collaboration with the natural world. Her surfaces are submerged into rivers, lakes, and seas across the globe: from Britain's Jurassic Coast to the Danube and Tisza rivers, and the still surfaces of Lake Balaton. Each immersion is shaped by sunlight, air, minerals, and temperature, producing textures and tones that cannot be replicated.

The process often begins with brushes, but eventually they are set aside. Medcalf paints only with what the environment offers. Through direct contact with sand, soil, open water, wind, and time. Organic materials gathered from shorelines guide the making, allowing the landscape itself to leave its mark. The sun's intensity, the grain of soil, and the movement of water all play a part. Her approach is both intuitive and precise, a quiet balance between control and surrender.

None of the works has a fixed centre. Their open, expansive nature draws the viewer in, offering an endless sense of calm. New shapes and layers slowly reveal themselves with each glance. Every painting contains the trace of a specific place, making something fleeting and impermanent feel gently enduring. They are quiet records of memory, weather, light, and feeling moments formed in dialogue with nature and time.

The works in *SENSE OF CALM* have been created over several years and in locations across the world, including new pieces shaped by both British and Hungarian waters. Together, they speak to Medcalf's heritage and her evolving connection with the natural world. Within the wider context of the London Design Festival, this exhibition invites us to consider how art might offer more than visual impact and how it can create space for reflection, restoration, and reconnection.

In a world that rarely slows down, *SENSE OF CALM* invites us to be still. To listen. To feel the water. To follow the light. As well as to look beyond the surface, towards the quiet, unseen forces that shape us all.

